

# Resource Sheet 1

Name \_\_\_\_\_

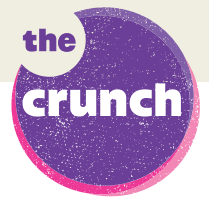
Date \_\_\_\_\_

## Incredible Ingredients – Lesson 1

### Nutrient Match

Cut out the cards and match each food to the nutrient and its function.

Potatoes	Chicken
Butter	Red meat
Milk	Wholemeal bread
Carbohydrates	Protein
Fats	Iron
Calcium	Fibre
Main source of energy for the body	Needed for growth and repair
Necessary but needed only in small amounts	Keeps blood healthy
Helps build strong bones and teeth	Needed to keep the gut healthy



# Resource Sheet 2

Name

Date

## Incredible Ingredients – Lesson 2

### Record Keeping Sheet

Use this sheet to write up your method and results.

**What I think**

**What I did**

**What I found out**